

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 03017, Babyfood, meat, turkey sticks, junior

Report Date: October 26, 2015 04:45 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 stick 10g	1 jar 71g	1 jar Gerber Graduate (2.5 oz) 71g
Proximates							
Water ¹	g	69.80	4	0.800	6.98	49.56	49.56
Energy	kcal	188	--	--	19	133	133
Energy	kJ	787	--	--	79	559	559
Protein ¹	g	13.70	5	0.300	1.37	9.73	9.73
Total lipid (fat) ¹	g	14.20	5	0.500	1.42	10.08	10.08
Ash ¹	g	0.90	4	0.300	0.09	0.64	0.64
Carbohydrate, by difference	g	1.40	--	--	0.14	0.99	0.99
Fiber, total dietary	g	0.5	--	--	0.0	0.4	0.4
Sugars, total	g	1.40	--	--	0.14	0.99	0.99
Minerals							
Calcium, Ca ¹	mg	83	1	--	8	59	59
Iron, Fe ¹	mg	0.92	1	--	0.09	0.65	0.65
Magnesium, Mg ¹	mg	10	1	--	1	7	7
Phosphorus, P ¹	mg	120	1	--	12	85	85
Potassium, K ¹	mg	120	1	--	12	85	85
Sodium, Na ¹	mg	440	1	--	44	312	312
Zinc, Zn ¹	mg	2.40	1	--	0.24	1.70	1.70
Copper, Cu ¹	mg	0.148	1	--	0.015	0.105	0.105
Manganese, Mn ¹	mg	0.037	1	--	0.004	0.026	0.026
Selenium, Se ¹	µg	13.5	1	--	1.4	9.6	9.6
Vitamins							
Vitamin C, total ascorbic acid	mg	1.5	4	0.100	0.2	1.1	1.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 stick 10g	1 jar 71g	1 jar Gerber Graduate (2.5 oz) 71g
Thiamin ¹	mg	0.008	1	--	0.001	0.006	0.006
Riboflavin ¹	mg	0.181	1	--	0.018	0.129	0.129
Niacin ¹	mg	1.940	1	--	0.194	1.377	1.377
Pantothenic acid ¹	mg	0.381	1	--	0.038	0.271	0.271
Vitamin B-6 ¹	mg	0.023	1	--	0.002	0.016	0.016
Folate, total ¹	µg	11	1	--	1	8	8
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	11	1	--	1	8	8
Folate, DFE	µg	11	--	--	1	8	8
Choline, total ¹	mg	53.3	--	--	5.3	37.8	37.8
Betaine ¹	mg	3.7	1	--	0.4	2.6	2.6
Vitamin B-12 ¹	µg	1.30	1	--	0.13	0.92	0.92
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	6	--	--	1	4	4
Retinol	µg	6	--	--	1	4	4
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	19	--	--	2	13	13
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) ¹	mg	0.12	1	--	0.01	0.09	0.09
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta ¹	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, gamma ¹	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, delta ¹	mg	0.00	1	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.0	0.3	0.3
Vitamin D ¹	IU	15	1	--	2	11	11
Vitamin K (phylloquinone) ¹	µg	0.0	1	--	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	4.143	--	--	0.414	2.942	2.942
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 stick 10g	1 jar 71g	1 jar Gerber Graduate (2.5 oz) 71g
8:0 ¹	g	0.000	--	--	0.000	0.000	0.000
10:0 ¹	g	0.000	--	--	0.000	0.000	0.000
12:0 ¹	g	0.020	--	--	0.002	0.014	0.014
14:0 ¹	g	0.102	--	--	0.010	0.072	0.072
16:0 ¹	g	2.539	--	--	0.254	1.803	1.803
18:0 ¹	g	1.015	--	--	0.101	0.721	0.721
Fatty acids, total monounsaturated	g	4.671	--	--	0.467	3.316	3.316
16:1 undifferentiated ¹	g	0.772	--	--	0.077	0.548	0.548
18:1 undifferentiated ¹	g	3.798	--	--	0.380	2.697	2.697
20:1 ¹	g	0.020	--	--	0.002	0.014	0.014
22:1 undifferentiated ¹	g	0.020	--	--	0.002	0.014	0.014
Fatty acids, total polyunsaturated	g	3.615	--	--	0.362	2.567	2.567
18:2 undifferentiated ¹	g	3.006	--	--	0.301	2.134	2.134
18:3 undifferentiated ¹	g	0.163	--	--	0.016	0.116	0.116
18:4 ¹	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated ¹	g	0.284	--	--	0.028	0.202	0.202
20:5 n-3 (EPA) ¹	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA) ¹	g	0.041	--	--	0.004	0.029	0.029
22:6 n-3 (DHA) ¹	g	0.061	--	--	0.006	0.043	0.043
Cholesterol ¹	mg	65	--	--	6	46	46
Amino Acids							
Tryptophan	g	0.101	--	--	0.010	0.072	0.072
Threonine	g	0.546	--	--	0.055	0.388	0.388
Isoleucine	g	0.629	--	--	0.063	0.447	0.447
Leucine	g	1.071	--	--	0.107	0.760	0.760
Lysine	g	1.176	--	--	0.118	0.835	0.835
Methionine	g	0.304	--	--	0.030	0.216	0.216
Cystine	g	0.122	--	--	0.012	0.087	0.087
Phenylalanine	g	0.610	--	--	0.061	0.433	0.433
Tyrosine	g	0.483	--	--	0.048	0.343	0.343
Valine	g	0.651	--	--	0.065	0.462	0.462
Arginine	g	0.883	--	--	0.088	0.627	0.627
Histidine	g	0.367	--	--	0.037	0.261	0.261

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 stick 10g	1 jar 71g	1 jar Gerber Graduate (2.5 oz) 71g
Alanine	g	0.704	--	--	0.070	0.500	0.500
Aspartic acid	g	1.272	--	--	0.127	0.903	0.903
Glutamic acid	g	2.196	--	--	0.220	1.559	1.559
Glycine	g	0.682	--	--	0.068	0.484	0.484
Proline	g	0.651	--	--	0.065	0.462	0.462
Serine	g	0.505	--	--	0.050	0.359	0.359
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD